MCj04115000000[1]Thinking about Myself

This worksheet will help you name the things you are good at, the things you enjoy, and the things that make you special. These characteristics are called strengths, talents, and interests. You can use these characteristics in school and in the world of work.

***Instructions:***

1. Print and complete this worksheet as fully as you can.
2. Be honest in your answers. Your answers will help you learn about yourself so that you can make good choices and decisions for your future.

**PERSONAL INFORMATION**

My birth date: 3/25/1995 My age:16

My address: 190 Oakdale Ave.

My family includes: Mom Sister Dad Brother

Special features of my family are -

In addition to my family, adults who are important to me include Kevin Durant

My responsibilities at home include Living

**SCHOOL WORK**

The subjects I enjoy most are Math And Information Technology

The subjects I do best at are Math And Gym

I learn best by (check one):

Looking at pictures 🗖

Reading about things 🗖

Handling things 🗖

Talking about things 🗖

Making Things 🗖

**HOBBIES AND LEISURE INTERESTS**

When I’m not at school I like to Play Basketball And Record Music

I like to do this because It Takes Stress Off My Back And Clears My Mind

**WORK EXPERIENCE (PAID OR UNPAID)**

I have worked as -

I like to work when There’s Nothing To Do

I don’t like to work when There’s A lot That I Can Do With My Friends.



**MY SPECIAL QUALITIES**

Five things I really like about myself are:

1. My Height

2. My Color

3. Personality

4. My Hair

5. My Smile

Other people like my ability to Help With Problems.

My greatest achievement so far is My GPA .

One thing I’d like to improve about myself is Confidence.

If I could do anything in life I’d be a Architect Or Computer Engineer.

**SUMMARY OF MY CHARACTERISTICS, INTERESTS, AND PREFERENCES**

*Review what you wrote above; sum up what you most like to do and what you do best. You can then use the information from this shaded box to fill in the* ***Getting Started:******Know Myself*** *section of* **My Career Plan,** the **“***What do you know about yourself?***”** item.

*You may also want to learn more about the occupations you listed above. Click* ***Occupations*** *on the CIS homepage. Find your occupations from the list of titles. Save the occupations that interest you in* ***My Favorites*** *for future reference.*

I most like to: Hoop

I am particularly good at: Solving problems

Some jobs that use my characteristics and interests are (*Brainstorm—there are no right answers here!*):

Your Signature: Anthony Wallace Date: 11/17/2011

Reviewed by: Date: